DIRECTIONS TO GCIT

FROM CLAYTON & ROUTE 55

Take Exit 56B (Route 47 Delsea Drive North - Westville). At the light, turn left onto Bankbridge Road. At the next light turn left onto Tanyard Road. The GCIT entrance is on the left at the bottom of the hill.

FROM SWEDESBORO & MULLICA HILL

Take Route 322 east to light at Route 45 (Harrison House Diner). Turn left onto Route 45 north. About 1/2 mile, before a Heritage Store, turn right onto Breakneck Road (Route 626) to light at intersection of Barnsboro Inn. Proceed straight across to 2nd traffic light intersection (Route 553, Woodbury-Glassboro Road) between gas stations. Straight across for 1/4 mile to 1st left onto Tanyard Road. Cross next intersection and pass Gloucester County College entrance. GCIT entrance is at the bottom of the hill on the right.

FROM GIBBSTOWN

Take Intestate 295 north. Take Exit 21 onto Delaware Street and continue through Woodbury. Turn right at second traffic light onto Evergreen Ave. Travel two blocks and turn left at next light onto Barber Avenue which becomes Tanyard Road. Proceed about 2 miles, pass 3 traffic lights. The GCIT entrance is on the left at the bottom of the hill.

FROM ATLANTIC CITY EXPRESSWAY

Take the AC Expressway North to Route 42, follow to Deptford exit, Route 544. At the end of ramp, make left at light onto Clements Bridge Road. Proceed to fifth light, bear right onto Cooper Street. Continue 4/10 mile to next light, intersection of Cooper Street and Delsea Drive, which is Route 47. Turn left and continue just under two miles to next light. Turn right, 1/2 block to traffic light. Turn left onto Tanyard Road. Continue one mile to the GCIT entrance on the left at the bottom of the hill, just past the next traffic light.

FROM ROUTE 295

Stay on Route 295, then follow signs for Route 42 South (to Atlantic City) Take Route 55 South. Go to the second exit "56B" (Route 47 Delsea Drive North - Westville). At the light, turn left onto Bankbridge Road. At the next light, turn left onto Tanyard Road. The GCIT entrance is on the left at the bottom of the hill.



2015 Women's Health Summit "Get Healthy Gloucester"

Presented by:
The Gloucester County Board
of Chosen Freeholders;
The Gloucester County Department of
Health & Human ServicesDivision of Health; and
The WHS Collaborative

Robert M. Damminger Freeholder Director

Giuseppe (Joe) Chila
Deputy Freeholder Director

Jim Jefferson Freeholder Liaison

The 15th Annual Free



Saturday, September 19, 2015

8:00 am - 12:00 pm

Gloucester County Institute of Technology 1360 Tanyard Rd Sewell, NJ 08080



Women's Health Summit 2015

Welcome to the 15th Annual Gloucester County Women's Health Summit

In this 15th year we are very proud to present a collection of fun and informative workshops to get you thinking about yourself and the health of your family. From exercise and fitness, to proper nutrition, mental health and the latest health topics of interest, we are sure you'll find a great deal of useful information, and enjoy yourselves throughout the day. Join us and "Get Healthy Gloucester"!

Robert Damminger Freeholder Director

Guiseppe (Joe) Chila Deputy Freeholder Director Jim Jefferson Freeholder Liaison

WHS Collaborative Members

Gloucester County Department of Health & Human Services

Arc Gloucester

Gloucester County Commission for Women

Famcare

Inspira Health Network

Kennedy Health

Southern Regional Child Care Resource Center/EIRC

YMCA of Gloucester County

Workshop Speakers Provided By:

County of Gloucester
Arc Gloucester
Famcare
GCIT Culinary Arts Program
Inspira Health Network
Integrity Benefit Solutions
Jazz in Motion
Kennedy Health
Therasport Physical Therapy
YMCA of Gloucester County



15th Annual Women's Health Summit

Name	
Address	
City	_Zip
Phone	
E mail	

	Session 1	Session 2
1st Choice		
2nd Choice		

To register as an attendee mail to:

Women's Health Summit Gloucester County Department of Health & Human Services 204 E Holly Ave, Sewell, NJ 08080 (856) 218-4101



For exhibitor or sponsorship information contact:

Robert Bamford 856-218-4104 rbamford@co.gloucester.nj.us

The County of Gloucester complies with all state and federal rules and regulations and does not discriminate on the basis of race, religion, color, national or ethnic origin, sexual orientation, age, marital status or disability in admission to, access to, or operations of its programs, services, or activities. In addition, Gloucester County encourages the participation of people with disabilities in its programs and activities and offers special services to all County residents 60 years of age and older. Inquiries regarding compliance may be directed to the Division of Disability Services at (856) 384-6842/New Jersey Relay Service 711 or the EEO office at (856)384-6903.

15th Annual Gloucester County Women's Health Summit

SUMMIT SCHEDULE

8:00 - 9:00	Registration
9:00 - 9:45	Workshop Session I
10:00 - 11:00	Door Prizes & Snacks in Cafeteria
11:00 - 11:45	Workshop Session II

Over 100 exhibitor tables located in the halls are available throughout the day.

For additional information please call 856-218-4101 or visit

www.gloucestercountvni.gov

ON-GOING ACTIVITIES AND FREE SCREENINGS 8 AM - 12 PM

Balance Assessment

Blood Pressure

Chair Massage

Chiropractic Screening

Cholesterol Screening

Dermascan

Foot Screening

Glucose Screening

Lung Cancer Assessment

Sleep Assessment

And more...

WORKSHOP 1 9:00am-9:45am

A. Jazz In Motion

Jazz-In-Motion is a non-impact, dance based aerobics class that combines dancing, light weight training, mat conditioning and yoga style stretching; all choreographed to various music selections. The focus is on the overall body, emphasizing balance, core strength, cardio-conditioning and just plain fun fitness.

B. Dizziness and Imbalance

Dr. Jennifer Liss of Therasport Physical Therapy will present on the various possible causes of Vertigo and the basic health changes that may influence dizziness and imbalance. Appropriate diagnostic testing and the importance of a detailed exam in determining the source of symptoms will also be discussed.

C. Common Food Myths for Diabetics Debunked

There are many misconceptions that people with diabetes must follow a strict diet, when in reality they can eat anything a person without diabetes eats. Join us for a discussion that will debunk some common food myths for people with diabetes.

D. Attacking Anxiety

Are you extremely worried about everything in your life, even if there is little or no reason to worry? Are you very anxious about just getting through the day? Are you afraid that everything will always go badly? Join us for a conversation and education about the signs and symptoms, as well anxiety triggers and how to cope.

E. Yoga for Back Care

Experience this gentle yoga practice that promotes a strong, healthy back. This class will review some gentle yoga stretches that help release tension as well as promote strength and flexibility in the spine.

F. Pelvic Floor Physical Therapy

Join us for a general overview and discussion on pelvic health; including anatomy, function, and treatment. Learn if pelvic floor physical therapy is the right option for you. This workshop will include plenty of time for questions and audience interaction.

G. Crimes Against the Elderly

Learn what to look for and steps that you can take to avoid crimes and scams against seniors.

H. Beyond the Reproductive Years

Women need gynecological care at every stage of life. Even if you no longer experience a menstrual cycle, this does not mean you should skip regular checkups and screenings with your gynecologist. We will discuss the health needs of older women, including reproductive and sexual health; pelvic exams, pap smears, and mammograms.

A. All Stressed Up And Nowhere To Go

Stress is an important part of being human and is unavoidable. Your body knows how to handle normal levels of stress, but too much can have a negative impact on your health. Learn how to change your relationship with stress so you can practice self-compassion and meet life's challenges.

11:00am-11:45am

B. Medicare 101

WORKSHOP 2

Alan Stein, Licensed, Contracted and Appointed Medicare Advisor in New Jersey, also associated with Integrity Benefit Solutions will conduct an Educational Workshop designed to educate and clarify Medicare Programs and the various options available. The session will include Medi-Gap or Supplemental Plans, Medicare Advantage Plans, and Part D Prescription Drug Plans including State and Federal help with the drug plans for those qualified.

C. Hazards on the Homefront

Did you know that 90% of poison exposures occur in the home? Or that 500,000 older adults fall each year? During this interactive workshop we will help you recognize fall risks, poisons, and other dangers in your home. Learn how to take action and make your home safe for you and your family.

D. Taking Flight with the Stork— Preventing FASD's

Most parents just hope and pray for a healthy baby. The Arc Gloucester and FASD Prevention take flight with SNJPC & the stork to deliver healthier babies. Fetal Alcohol Spectrum Disorder is preventable, but there is no cure. Innocent babies born with this diagnosis potentially struggle with countless physical, developmental, psychological, and social problems. Help prevent these births by sharing this vital information!

E. What Women Notice

Does the man in your life seem to have less energy? Not able to help around the house as often? Even lacking the energy for activities he used to do with ease? Don't ignore what you notice. While you may think this is a natural part of aging, it also could be an indication of Low Testosterone or "Low T".

F. Chair Fitness

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

G. Simple Breakfast Ideas for Diabetics

Eating a healthy breakfast can help control blood glucose, hunger and weight. Breakfast is a chance to fill up on healthy fuel for the day's activities. Learn how to get the most mileage out of your breakfast. In this live demo, Chef O will be giving recipes and creating a balanced, healthy breakfast for you to sample.

H. Every Heartbeat Counts— A Focus on the Woman's Heart

Heart Disease is the number one cause of death in women. Learn how you can live a heart healthier lifestyle.

Workshop speakers provided by:







Jazz-In-Motion





TheraSport Physical Therapy

Maximizing Performance & Rehabilitation

